



Salute to central Oregon multi-day event returns in September

By Annette St-Pierre

Columbia River Volkssport Club (CRVC) is excited about welcoming walkers back to the Bend, Oregon, area for its biennial Salute to Central

to explore the walks and hikes, three bike rides and swim, and to download the mail-in registration form.

Hiking on the Pacific Crest Trail


By Nancy Wittenberg, AVA Board Chair

There are several hiking trails in the United States that have “walks” for IVV Credit. The most well known, perhaps, is the Appalachian National Scenic Trail (AT) on the east coast, spanning from the Canadian border in Maine to Georgia. But in the west, we have the Pacific Crest National Scenic Trail, the PCT. From the Mexican border to Canada, it wasn't officially completed until 1993, much younger than the AT and definitely not as worn. It is closely aligned with the highest portions of the Cascade and the Sierra Nevada mountain ranges, which lie 100-150 miles east of the U.S. Pacific coast. It is approximately 2650 miles long, is minimally marked and through hikers must register to walk its length.



But, if you are a hiker and enjoy getting up into the mountains, do we have something for you! The Evergreen State Volkssport Association and I have sponsored a challenge to hike 12 day hikes on the PCT. I've created a challenge booklet and, along with others in the Northwest region, we have entered at least 17 sections of the PCT in Oregon and Washington along with four in California in AVA's Online Start Box. These are not necessarily 10k hikes, as the goal is to get to some interesting places. But, they do vary in difficulty and length. Check out the hikes by searching for Pacific Crest Trail on the OSB.

You can purchase the challenge booklet anytime by sending \$10, your name, address, and email address. Mail to Nancy Wittenberg, 12626 129th St E, Puyallup, WA 98374 or email newittenberg@gmail.com. And, check out the Pacific Crest Trail Association, pcta.org, for safety and other information.

Perhaps someone will enter some hikes on that other trail – the Continental Divide National Scenic Trail? 

Six walks for spring training

By Katie Sell

When someone says “go to your happy place” my mind transports me to the alpine lakes and meadows of the Cascade Mountains. Imagine my excitement to see AVA sanction 14 hikes on the Pacific Crest Trail (PCT) in Washington and Oregon this summer. The PCT is a 2650+ mile continuous hiking trail from Mexico to Canada that is closely aligned with the Sierra Nevada and Cascade mountains. The Cascade section is 900 miles of happy places!

Due to weather related trail conditions, these routes are sanctioned only seasonally, July-October. Most are rated 3C-4D. In order to get in as many hikes as possible during these precious weeks (and enjoy them), I find it helpful to do some spring training. By incorporating walks that include elevation gain/loss and trails rather than paved surfaces, I can build endurance and practice the skills needed to get to these beautiful destinations.

Here are some of the routes east of Seattle I will be using for my spring training (listed west to east):

◆ Mercer Island Y3245. The 10k and 12k climb to the island's crest three times on wooded trails. It's close to cities, but it feels remote. The views are remarkable.

◆ Bellevue Botanical Y0991. Bellevue Botanical Garden and Kelsey Creek Park are both well worth the effort to visit. This walk uses trails to tour both in one 5k or 10k walk.



Smith's Rock.


Oregon. We love sharing the amazing scenery, great weather and a long September weekend of great events for you. Central Oregon is the perfect fall getaway.

Being at the base of the Cascades means there are lots of options for beautiful hikes, walks and bike rides. CRVC has selected a number of these that best showcase the area. From trails leading to a viewpoint with a 360-degree view of Bend and the mountain-studded horizon, demanding full day hikes through lush forests to cascading water, walking through a canyon between awe-inducing massive rock walls, or circling around a turquoise lake within the caldera of a volcano, every kilometer offers a different landscape.

Friday evening CRVC will treat you to a Meet and Mingle, an opportunity to catch up with friends or meet new ones, and on Saturday we'll gather for a no-host barbeque. Point your browser to walking4fun.org and click the Central Oregon 2023 tab at the top

One of the most fun activities in 2019 was the opportunity to take a white-water rafting trip down the Deschutes River. We have our fingers crossed that the water levels are high enough this year so we can go again. The rafting is not a sanctioned event, only the walk to the raft launch is sanctioned. This is only offered on Friday. There is a link on the website to register separately for the raft trip. The rafters will enjoy a whitewater experience on the Deschutes River with some great rapids. The less adventurous will walk back to the start. The walking route itself is offered as a self-guided walk each day.

Join us September 14-17, in Bend, Oregon. Country Inn and Suites by Radisson will be the event headquarters. For the group rate, call 541-617-9696, Monday through Friday, and ask for the Columbia River Volkssport Club rate.

For more info contact, Annette St-Pierre, Events Coordinator, 503-780-4568, or go to Walking4fun.org. 

◆ Newcastle Y2052. This event includes two loops that are both worthy of the spring training list. Both walk on trails by creeks and on the slopes of Cougar Mountain.

◆ Issaquah Y 985. The downtown Issaquah walk has a lesser known second loop that picks up a trail to Tradition Lake at the foot of Tiger Mountain. Once on the trail, it's hard to believe you were just downtown. Issaquah Y827. The 10k route through the Issaquah Highlands links parks, trails and viewpoints.

◆ North Bend Y1024. The 10k and 11k ascend to Cedar Butte and descend to Christmas Lake. This hike gives one practice with elevation gain and uneven footing. Hiking sticks are recommended.

If you will be in the area June 10, join us on Bainbridge Island for another walk to help you develop your trail legs. We will be exploring Fort Ward and Blakely Harbor on wooded trails. The 5k has little elevation gain, but the 7k and 10k routes will be hilly. This will be a scenic walk at all distances.

Whether you've set your sights on the PCT, or just want to add challenge to your walks, I hope you will give these six walks a try. Maybe I will see you on the trail. 